

Easy Fruit Salad

Makes: 7 Servings

Focus on fruits with this Easy Fruit Salad. Orange sections are a tasty addition to salads, stuffing, rice dishes, and mixed fruit dishes.

Ingredients

- 1 can** fruit cocktail or mixed fruit (drained, about 16 ounces)
- 2** bananas (peeled and sliced)
- 2** oranges (peeled and chopped)
- 2** apples (peeled, center removed, and chopped)
- 1** container low-fat piña colada or lemon flavored yogurt (about 8 ounces)

Directions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Serve right away or refrigerate for one hour and then serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	0 g	
Protein	2 g	
Carbohydrates	30 g	
Dietary Fiber	4 g	
Saturated Fat	0 g	
Sodium	20 mg	